PLATEAU GOBBLER GALLOP Saturday, November 24, 2007

Part of 28th Annual Tennessee State Park Running Tour

CUMBERLAND MOUNTAIN STATE PARK, Crossville TN. Park info 931-484-6138.

Directions: From Nashville take I-40 East to the Crossville exit 317. Go 9 miles through Crossville on Hwy 127. Turn right and follow Hwy 419 into the park. Turn left before the bridge to the Lodge.

Start and **Finish:** at the Park Restaurant. The 11K (6.8 mi) starts at 11:00 AM central time.

Course: starts at parking area to turn right across the dam, then turns right to a turnaround at swimming pool lodge. Back on Hwy 419 up to the right on Hwy 127. Turn right on Old Mail Rd, then right on Coon Hollow Ln. Turn right across the field to connect with Park Rd. Every mile is marked.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Awards: Five-year age groups with 3 awards in each category from under 20 to 65+. Special awards to overall male and female winners.

Pre-registration Deadline: November 18, 2007. Race day registration from 9:30 to 10:45 a.m.

Race Director: Tony Cox, Frostbite Running Club (615-773-8785). Email: Tcox@tntech.edu.

Entry Fee: \$15.00 payable to Gobbler Gallop or \$5.00 without shirt. (Late fee without T-shirt \$10.00)

Mail registration to: Gobbler Gallop

4000 Old Lebanon Dirt Rd Mt Juliet, TN 37122

Link to Registration Forms